



DAS[R]EINE VOLK-GEFOLGSCHAFT DER [R]EINHEIT
(R)EINHEITSGEBOT #34

ENGLISH TRANSLATION

One of the most striking and valuable signs of a youth developing in perfection, is the capacity of highest performance of the Trinity of a human being. Mental "fitness" stands for elementary potential of creation; while a high condition of the soul allows us to withstand the one or other hit below the belt by the forces, which don't necessarily want our best. Moreover, and here is the primary aspect of perfection of the soul, our BEING - that soul - provides us with the steady point in the middle between all the oppressive misery of the current epochal change and the soon appearing kingdom of light, whose awakening is activated by a special formula between this and another world, for sure! Purity of our physical body achieves results beyond all imaginable. The Trinity, discussed already several times, only then finds its perfection, when the conscious human being is willing to give up its deficiencies in all three components and from now on is solely dedicated to the highest possible feasibility in all three states of being.

Who thinks (and thus creates!), to have reached a certain age, has thus already fallen victim to the false doctrine which, by means of a malicious ulterior motive and appreciated by various shadow forces, was published in the world. No man shall within his short life of less than 100 years acquire wisdom, which is essential for the passage of the veils, so their plan. Spiritual deficiency results in the same worldly creation, directly as a result. Thus, also this work desired by Satan is only a misconstrued expression of himself, a ... let's call it sporadically: PRODUCT, MADE IN CHINA, in comparison with consistent high-tech of holy production. Worlds separate the essential from each other.

But: The PERSON Moth corresponds in its own being to the low spirit of the deficient Satan and it agrees to that, which is conforming to its correspondence, but unexplainable. One must die, so the almost everywhere identical belief of those subhuman beings, as one also has to wear a slave mask against a non-existent virus, it is a clear matter, isn't it!

But what is true?

Privately known to me are a handful of people who are older than 300 years, one of them older than 340 years. Considerable nonsense, however, is to have to die. Sole aim of the shadow power = damage power = Schadden, is to keep the inexperienced (fool/SLAVE-moth) convinced of an event of his local death (or, convincing it if not yet done), in order to carry out SOUL ROBBERY in the state of the exit of the soul from the physical world body on this side. Here, during the temporary unconsciousness, the All-Evil succeeds with numerous unprepared ones, and only with them, in getting hold of the soul, in order to sustain their unimaginably enormous energy requirements.

This energetic requirement of the harmful creature has not been 100% satisfied for a long time, the evil is lacking so essential aspects of his power: THE FEAR OF HUMANS. There is a lack of wars, epidemics are no longer credible, people simply no longer want to believe certain fictions, such as diseases. Imagine that for one month of subsistence only 2.400 EUR are available, one needs however, in order cover all the costs 3,000 EUR. Thus, there is a deficit on the side of the shadows in every calculation, which can and will not be satisfied by the usual slavery of exhausted people. Therefore a new energy source for Satan's preservation has to be found - the insatiable, eternal source of all BEING, never to be limited, the soul. SOUL ROBBERY is the means of the devil.

However... The best remedy for all conscious people:

To know, to live, to simply adapt the belief in a so-called death to reality and to drop any fictional beliefs! A wonderful brother from the USA wrote this morning in response to the English translations of our Hera:

"Thank you for the powerful information. We read all the English articles and now we are going to stop eating meat. Long ago we were plant diet but we strayed — now we are back! The

articles were inspiring. For my whole life I felt different from others — I care more, I think more, and I want my freedom. Since I learned the Runes and some fragments of “hyperborean” lore, my life has become full of freedom and power. I have had my blacksmith business as my income for over 4 years. On my social media account for my craft I have 22,000 followers. There is a Renaissance in art, runes, and people wanting greatness. A golden age? No more “slave” jobs for big corporations! I stay with my family and I protect them from the EVIL ZIONIST Marxist lies of “public school”!

Step 2 is thus completed for the wonderful family, which members of our people have already gotten to know very intensively for some time. Their first essential intervention within their existence was to awaken awareness of the magnificent at first, breaking with indirect animal murder.

But how do YOU determine your inherent capacity, how can this be measured?

First, from a mental point of view, you will be able to fully internalize my words. These messages are easy to understand by their nature, they do not raise questions on your part. Also the words of other messengers active in spiritual teachings of SELF realization can be easily processed by you. The chalice, which drenches your consciousness, is wide open, your understanding of the big picture of the coming change adapted to the expected performance. Thus you obtained best prerequisites for your calibration. Otherwise the HaJo Müller is always available as a last escape from your previous hopelessness. Like a Carrera-Track, always back to the departure, but never realizing that what happened has already been seen many times before.

Your soul is of pure content, were it not for ...

Your EGO hinders everything aspiring in this world, since it is your own being, which naturally acts only in relation to itself. As soon as you reach your mental reason-level and, moreover, were not able to bathe much in the state of your pure soul content, you will in most cases make a wrong decision - TO YOUR DETRIMENT! Your mind feeds your EGO - your EGO is fired up by your mind. If you do not put a stop to this immediately, consciously, you will fail (SCHEITAN, El Schaddein).

If you are addicted to meat, it is your immediate duty to redirect yourself into the value of your soul, to realize your empathy again, which at all times screams for attention, but the reason-EGO does not allow the good, Satan sits at the gearshift of your R-complex in the brain. Normally, if you stood next to a cow, which only wants to be caressed and loved by you, with their big, warm eyes pulling you into their soul, could you kill them? If the latter is the case, then every healing is no longer possible for you, you do not belong to the coming 7th mankind! Only the purest being is just good enough for the new humanity. If animals were only good for our food, why then their designation: LIVING-being, not DEATH-food?

We have to revive your body a little bit, since it is a tough hunk and probably a hard piece of work on our way to the trinitarian SELF realization. But as in everything, also here, YOUR WILL is the most important requirement in creating the perfectly holy. Without your willingness, your certainty and your courage, I can write my fingers sore, you will not be able to note a single change in you - how could you? Now pick yourself up, and realize the great! A change of the new age begins first of all in your life! The smallest is the most important, which from fragments forms the great.

Years ago, when boredom started to spread in the Berlin weight training scene, I thought of some competitions, in order for the members to create more trust in their SELVES, and also to generate

an enormous performance improvement among the veterans. We know: *Constant dripping wears out the stone* and the same way, not that man has the better cards, who in a fast burst of strength, manages a lot, but that bright one, driven by endurance, with the best trinitarian condition.

In order to overcome the standstill, that was happening, I thought of a new challenge, to shake off the dust of the years and to climb to new heights. Since a few days I have been measuring myself with a JewTube legend in weight training. The goal is to find out, which one of the two of us (in the meantime other known great ones of the scene are also taking part) can develop the most physical strength. I, the 'old' man, or younger opponents with far better physical conditions?

My initial idea was to train a muscle group at such a high level every day without time limit, in order to obtain an enormous measure of STRENGTH - ENDURANCE, since after a certain period, the training rhythm exhausts the muscles so much, that even the lightest weights can no longer be moved. The so-called *standstill of contraction* is reached for a period of time at the given moment. After the first training (we always compare our individual achievements after the training via email) my opponent told me, that he was not too good at STRENGTH-ENDURANCE, high speed strength was his territory, we should limit the training to 45 minutes, he would certainly beat me at that, since I moved a total of about 5,000 kilograms more than him during my first training session. Now it must be known, he, my opponent, is 5 years younger, weighs 7 kg more, and also takes anabolic steroids, which provide him with a considerable increase in temporary performance. For this reason I will not mention his name here, since I do not want to expose him.

So we limited the second training session to 45 minutes, as requested, in which he had completed 3.1 tons less than me, when crossing the finish line. He realized, that his body must be lacking something, because usually he performs much better than other training partners. What is the subtle difference? Not that his nutrition is necessarily bad, but it lacks fresh wild herbs and leaves of walnut trees, hazelnut, grape, berries, etc., of this at least 500 grams per day. After a conversation ... he prefers to do without, there is salad in the supermarket. Very well, the will of man ...

After a total of 9 days of training, he achieved only one victory, this one by a machine, that claims to have put on certain weight, but the training individual basically only moves 60% of the weight, like a cable pull. I know this machine, because it was in my studio at the time. So the good guy calculated 100%, when pressing the shoulder, but moved "only" 58.8% of the weight, which already represents a very high performance, but the achievement was considerably cheated. On this day and through the scam, my opponent won by 1.2 tons. But today, since I already mentioned to be ALWAYS the winner, I made up for my deficit from the last shoulder training and trumped my first result with more than 3.000 kg. So the fronts are cleared again.

The highest weight of this comparison, I achieved yesterday, in leg training, I moved within 60 minutes a total of 36,950 kg. This performance represents my private record up to now, which has the very short training time, 10.264 kg/sec. But that record was broken the same day by our bright :larissa, she trained her legs for 3 hours and 21 minutes yesterday - an unimaginably high performance, not only for her! - and mastered almost 55,000 kilograms - our congratulations! The little woman of our people has not even 55 kg body weight!

Just to illustrate the outstanding performance of :larissa: I, with a body weight of 99kg, would have to complete 100,000 kg in my upcoming leg training, of complete and clean movements in order to be on par with :larissa's performance, this within the set time of 3 hours and 21 minutes. I gladly accepted the challenge without excuses of a considerable higher age, which I have no awareness of, or her shorter legs, which naturally achieve a better STRENGTH lever. No, I will win this challenge against one of the most powerful woman of our people, longing for more endurance! Speak again of the "weaker sex"!

Accepting the challenge means for me to either do 1.000 repetitions with 100 kg to or 500 repetitions with 200 kg. The latter, I don't know any athlete of such endurance performance, is impossible, since our BirkL was already visibly exhausted with the weight of the sled (about 50 kg) of his Hackenschmidt. Johannes did not even reach the 500 repetitions, he stopped after 310 repetitions due to exhaustion: <https://www.youtube.com/watch?v=9TcJia818cQ>

Considering the video shown, imagine now, my challenge is the double in numbers of repetitions, but with 100 kg on top!

Where is the difference to be found between the opponents and us?

Physical performance is without question in direct correlation to mental willpower, but no matter how firm and determined the will may be, if the body is weak and not trained in endurance, he will not be able to achieve a single victory. STRENGTH and stability and even a high reconvalescence during the training sessions is provided by the fresh wild green. Once the reconvalescence ability is provided during the completion of the most difficult training programs, the individual has a higher breathing volume, shorter recovery periods between training sets and even more endurance performance, i.e. he is capable of more stamina during his training.

Athletes living KETO.GAN.IF have a clear advantage over those, who indulge in fructose and such carbohydrate-waste, because the fat "KETOGEN" absorbed allows a higher power density, then the fructose of fruit or the carbohydrates, causing serious physical consequences. My grandfather took part in the Friedensfahrt in the GDR, despite his 'age' and knows therefore, that cyclists of that time satisfied their increased energy supply with pig fat. He, on the other hand, ate nuts in large quantities, swallowed them with linseed oil, and within minutes he had taken in 12,000 kcal, with little mass in its intestine. The same our KETO.GAN.IF living athletes do, our food enriched with mentioned 500 grams of wild green.

So much for the difference in the healthiest way of life, performance and distinctiveness of our trinitarian race of purity.

And where do you stand?



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